



**recycle@townofnorthandover.com**  
**www.townofnorthandover.com/recycle**  
**Summer 2008**



## Weekly, single-stream recycling is here!

Weekly single-stream recycling began on Monday, June 16th! Here's what you need to know:

- Your recycling will be collected every week on the same day as your trash and should be at the curb by 7 a.m.
- Place your recycling away from your trash, on the opposite side of your driveway, if possible.
- You will be able to continue using your red bins and bagging your paper as you have done for years, OR you may choose to use a larger container with a lid, such as a wheeled cart, and mix all of your recyclables together. The advantage of a container with a lid is that you will not have to bag your paper, which some people will find to be more convenient. The required lid will prevent loose paper from blowing around and keep paper dry.
- You may use a lidded container you already have by clearly labeling it for

"RECYCLING." If you'd like, you may pick up a green recycling sticker from the Department of Public Works (DPW).

- To avoid injury to the workers who will be emptying the containers, no container can be larger than 64-gallons or heavier than 50 pounds when full.
- Cardboard can go in a lidded container, but take care that it is not wedged into the container. The cardboard will need to fall out easily when the container is turned upside down.
- Would you be interested in purchasing a wheeled cart through the town? If so, let us know as soon as possible. If there is enough interest, we may be able to place an order for 64-gallon containers which will cost about \$70 each. If you are interested



in taking part in a group cart purchase, please let us know by sending an email to the Recycling Committee at [recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com) by July 18, 2008.

- Our old recycling trucks will be retired and Northside Carting will be collecting our recyclables using a truck that looks very similar to a trash truck. It will be a rear-end packer truck and will be able to hold much more material. So, don't worry if you see your recycling go into a truck that looks like a trash truck—it is not being thrown away, just being mixed with other recyclables. Trash trucks will deliver your trash to Wheelabrator, and the recycling truck will deliver your recyclables for sorting to Integrated Paper Recyclers. Both companies are located in North Andover on Holt Road. You should never see your trash and your recycling being put into the same truck.

## Make a Renewable Choice Help Invest in the Community with Clean Energy Choice



Imagine a program that allows you to invest in renewable energy just by paying your electric bill. Clean Energy Choice is such a program. Through the Clean Energy Choice program, you buy Renewable Energy Credits (RECs) to purchase "clean" kilowatts with your electric bill.

Using the RECs, utility companies purchase electricity generated from renewable sources. This electricity goes onto the grid, reducing the

*(Continued on Page 4)*

### CLIP & RETURN

## Is your house a very green house?

No, we aren't asking about paint colors. Instead, we're wondering about your family's "green" habits. What changes have you already made to increase your energy efficiency, conserve water and other resources, and eliminate pollution? Let us know what you're doing. We'll share the results of this survey and your good advice in our next issue.

1. On a scale of one (never) to five (every day), how often do you consider the environment in making everyday purchases and decisions?  
1 2 3 4 5  
Never Every Day
2. Have you replaced incandescent light bulbs with compact fluorescent light bulbs?  
Yes No  
If yes, how many? \_\_\_\_\_
3. Do you make any of your own cleaning products from baking soda, vinegar, and other non-toxic supplies?  
Yes No Sometimes
4. Do you purchase eco-friendly cleaning products instead of caustic and harsh chemicals?  
Yes No Sometimes
5. Do you buy recycled-content tissue products (such as facial tissues, paper towels, and toilet paper)?  
Yes No Sometimes
6. Do you refill your own water bottles?  
Always Sometimes Never
7. Do you take your own reusable bags to the store?  
Always Sometimes Never

8. Do you grasscycle your lawn clippings (letting them fall back onto the lawn when you mow)?  
Yes No Sometimes
9. Do you have a backyard compost pile or a worm bin to compost food scraps?  
Both One Neither
10. Do you use a rain barrel to capture rainwater to water your garden plants?  
Yes No
11. Do you use fewer lawn chemicals than you did five years ago?  
Yes No
12. Do you drive a hybrid vehicle?  
Yes No
13. Have you installed solar panels to heat your water or meet some of your electrical needs?  
Yes No
14. Have you purchased Energy Star appliances?  
Yes No I don't know
15. Do you turn off lights when you leave a room?  
Yes No Sometimes
16. Do you unplug appliances, such as computers and TVs, when they are not in use to reduce "phantom" electrical use?  
Yes No
17. Do you purchase locally produced and/or organic foods?  
Yes No Sometimes



18. Have you ever dropped off material at the Third Saturday collections at DPW or at the semi-annual Household Hazardous Waste drop-offs?  
Yes No
19. How many weeks per year do you keep your heat and air conditioning turned off, relying on open windows and fans to circulate air in your home?  
\_\_\_\_\_
20. Do you use ceiling fans in your home for cooling?  
Yes No
21. Share something you've learned that might help your neighbors:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Clip and return to:**  
North Andover Solid Waste Advisory Committee  
Attention: Karen Kline  
c/o Department of Public Works  
384 Osgood Street  
North Andover, MA 01845

**Please return by August 11, 2008**

# Tips

## for Summer Reading



### Trekking against trash

In March, Jordan Price and Carlie Roberts began the Trek Against Trash, a 2,174-mile hike up the Appalachian Trail from Georgia to Maine. Billed as “The Hike to Keep America Beautiful,” their goal is to raise awareness, encouraging others to pick up litter, reduce waste, reuse, and recycle. Along the way, Jordan and Carlie will be pausing to work with local Keep America Beautiful affiliate organizations in trail communities to raise awareness, clean up litter, stencil storm drains, and more. In addition, they hope to raise \$150,000 to support Keep America Beautiful programs.

Jordan and Carlie are recording their adventures in a blog and posting photos and videos of the sites they see and people they meet along the trail. You can read their blog entries at <http://kabtrekagainsttrash.blogspot.com/>.

The Appalachian Trail is a footpath that stretches 2,174 miles through 14 states from Maine to Georgia. Since it was completed in 1937, more than 9,500 people have traversed the full length of the trail. Each year, more than 6,000 volunteers contribute over 195,000 hours to protecting, maintaining, and promoting the Appalachian Trail.

To learn more about Jordan and Carlie’s journey, to see their photos, to subscribe to their blog, or to donate, visit [www.trekagainsttrash.org](http://www.trekagainsttrash.org).



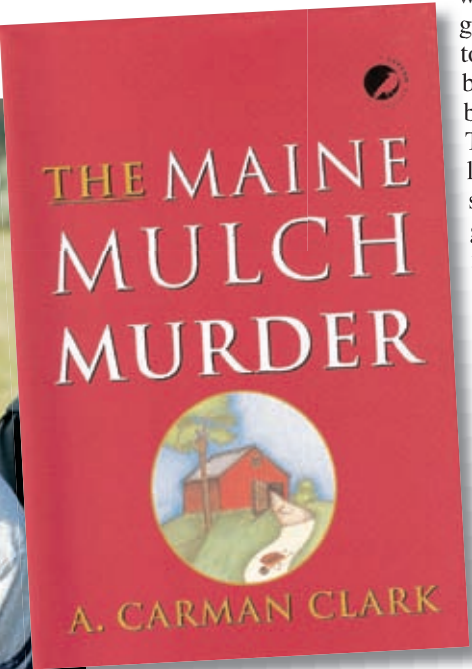
Photo Courtesy of Jordan Price, Carlie Roberts, and Keep America Beautiful

### Murder at the mulch pile

If you are looking for some light summer reading, check out *The Maine Mulch Murder* by A. Carman Clark (Larcom Press, 2001). Not many murder mysteries begin at a mulch pile as this one does. However, when Amy Creighton goes to pick up sawdust to mulch her strawberry bed, she uncovers the body of a young man. Thus, the private Amy leaves behind the book she is editing and the garden in need of mulch to help local law enforcement officials unravel a mystery.

From antique dishes collected by an old friend to the tidy habits of a neighbor, Amy and the town constable piece together the clues to the young man’s death, unearthing a long-buried secret in the process. In the meantime, she and the constable make peace with their own past, rekindling an old friendship and a lost romance.

And, yes, the strawberry bed does get its mulch—but not until after the mystery has been solved in the final chapter.



### Guides to Green Living

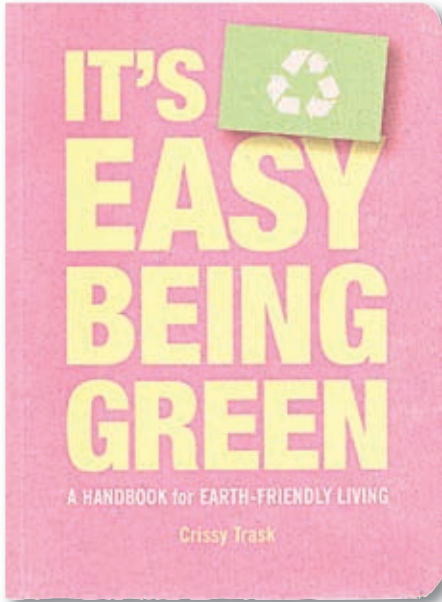
Kermit the Frog once complained, “It’s not easy being green.” Clearly, Kermit wasn’t a 21st century amphibian! You can’t pick up a newspaper, open a magazine, or flip a TV channel without seeing stories, ads, and shows promoting “green” living.

Living a greener lifestyle doesn’t mean you have to sell your house for a straw-bale replacement or convert your vehicle to burn only used deep-fryer oil. No, it can mean taking small and easy steps, such as replacing burned-out light bulbs with compact fluorescents, selecting laundry detergent in the recyclable jug, letting your grass clippings drop onto the lawn when you mow, or carrying reusable bags into the store.

What Kermit didn’t understand is that green isn’t about being, but becoming. We each make a host of choices every day. Whether we are long-time ever-greens or newbies who are the palest shade of spring green, we can stand back to look at the choices we have made, those we could make, and those we’d like to make. What we’ll probably find is that we could be greener—and that we’d like to be greener.

Not sure how to begin? Take a look at these resources. With helpful background information and a good dose of humor, these books (and one magazine) offer guidance without guilt. Whether you adopt one of these as your personal guidebook or sample from each on selected topics, you’ll find support, encouragement, and useful advice.

*It’s Easy Being Green: A Handbook for Earth-Friendly Living* by Crissy Trask (Gibbs Smith, 2006)



At the outset, this book strives to debunk myths, such as “It’s hypocritical to advocate and practice environmentally friendly behaviors in some, but not all, areas of my life.” The response? Not so—“possessing the desire and intention to live greener, while having made only marginal progress to date, doesn’t make you a hypocrite, it makes you imperfect. And aren’t we all?” The book includes about 50 pages of tips, with a helpful checklist so that you can rate how you are doing and what you’d like to do. Another 50 or so pages provide a wide range of online resources.

*Green Living for Dummies* by Yvonne Jeffery, Liz Barclay, and Michael Grosvenor (Wiley Publishing, 2008)

Set up like the other books in the *Dummies* series, this book addresses what you can do at home, how to shop and invest with “green” goals, making your travels more earth-friendly, and creating healthier workplaces and communities. The last section of the book is “The Part of Tens”: “Ten Easy Actions that Make an Immediate Impact,” “Ten Ways to Darken Your Shade of Green,” and “Ten Ways to Repair and Restore Rather Than Trash.” The inside front cover has a pull-out green living “cheat sheet,” with easy-to-implement ideas and helpful websites.

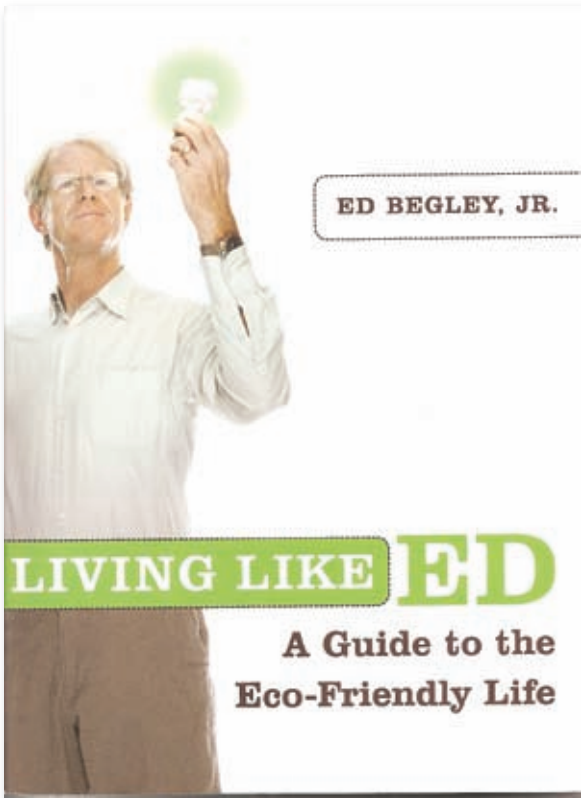


*The Complete Idiot’s Guide to Green Living* by Trish Riley (Alpha Books, 2007)

Like *Green Living for Dummies*, this book describes how to “go green” at home, on the road, in your daily life, at work, and in our communities. Sidebars provide hazards to avoid, definitions of “mysterious” terms, statistics, tips, and quotes from experts. An appendix provides a fairly comprehensive resource guide. Each chapter concludes with “The Least You Need to Know” about each topic.

*Living Like Ed: A Guide to the Eco-Friendly Life* by Ed Begley, Jr. (Clarkson Potter/Publishers, 2008)

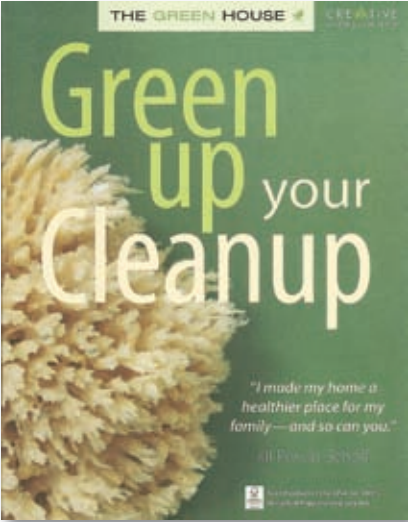
A followup to the popular HGTV series, “Living with Ed,” this book includes guidance in six areas: home, transportation, recycling, energy, garden and kitchen, and clothing and personal grooming. Suggestions are categorized as “Easy Changes,” “Not-So-Big Changes,” and “Big Changes,” helping you choose projects that are right for you.



Throughout the book, Begley’s wife, Rachele Carson Begley, serves as the voice of the “average guy,” who has taken a bit more convincing and who has negotiated some compromises along the way.

*Green Up Your Cleanup* by Jill Potvin Schoff (Creative Homeowner, 2008)

After introducing a “new cleaning arsenal,” which is non-toxic and healthier, Jill Potvin Schoff offers step-by-step guidance for cleaning the bathroom and kitchen, doing the laundry, sprucing up around the house, and caring for floors and furnishings. She also includes tips for dirty jobs outside the house and in the garage, workshop, and basement. Not content to tell, this book is filled with pictures that show you how easy it is to green up your cleanup.



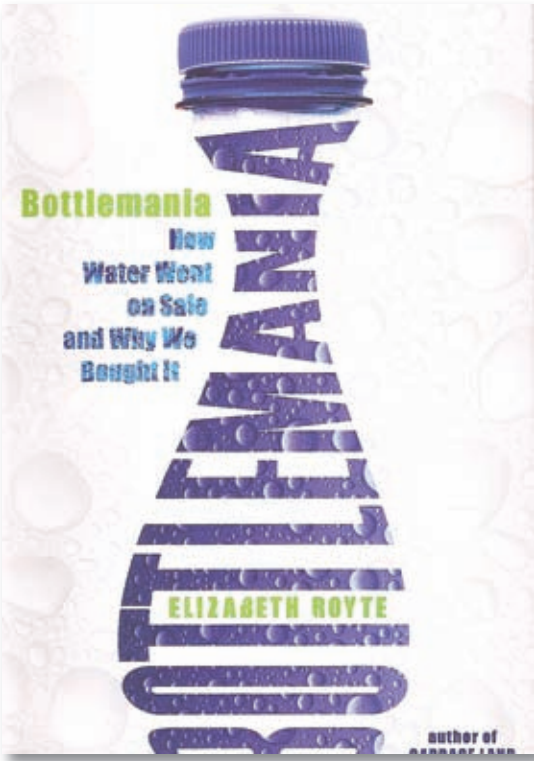
*Green Guide: The Resource for Consuming Wisely*, a magazine from National Geographic

Published quarterly, the *Green Guide* magazine grew from a newsletter and website ([www.thegreenguide.com](http://www.thegreenguide.com)) devoted to greener living. The magazine, which is available in print and online, features product evaluations and buying guides, as well as suggestions for reducing, reusing, recycling, conserving energy, and saving money. For example, the Summer 2008 edition features articles such as “Green on a Budget,” “Three Simple Steps” to lower summer energy costs, and “Products We Can Live Without.”



### Water for Sale

Elizabeth Royte, author of *Garbage Land*, began research of her most recent book with one question: “How did bottled water become so popular in the first place?” A quarter century ago, “bottled water” had little meaning for most Americans. Water bottles were the bulky jugs that sat atop office water coolers or the colorful glass bottles of mineral water that were marketed as little gulps of luxury. That all changed in 1989, when



### Don’t forget to reduce and reuse!

- Borrow books from your local library.
- Buy used books whenever possible.
- Share books among friends and family members.
- Donate or sell used books that you no longer want or need.

the half-liter polyethylene terephthalate (PET #1) plastic bottle was introduced. In less than two decades, bottled water sales went from \$115 million to \$10.8 billion, just in the U.S. Not surprisingly, Royte’s research led to a book aptly titled,

*Bottlemania: How Water Went on Sale and Why We Bought It* (Bloomsbury, 2008). Although the book is full of facts and figures, Royte’s writing is engaging, drawing her readers into the story of bottled water’s growth and the people most affected by it.

In exploring how bottled water became a beverage juggernaut, Royte takes an in-depth look at a controversial spring water site in Fryeburg, Maine. In the process, she asks questions about tap water, bottled water sources and quality, water testing, bottling and bottles, transportation, and treatment. However, she leaves her readers with larger questions to ponder: Who controls our water resources? How will we decide how to allocate water resources in our communities and our nation?

# FAIR PLAY



Photo Courtesy of Fair Trade Sports

Did you ever stop to think about who makes the soccer balls, basketballs, or footballs that fill your garage? Scott and Susan James asked themselves that question. What they learned surprised them and may surprise you. Many of the balls that American children enjoy were made by other children—children working in sweatshops or doing “piece work” in developing countries.

Rather than moral indignation or half-hearted complaints, Scott and Susan enlisted the help of friends to start a new company, Fair Trade Sports. The company ensures that all balls, and apparel as well, are made by adults who are earning a living wage in healthy working conditions. In addition, the raw materials used are harvested in an environmentally responsible manner.

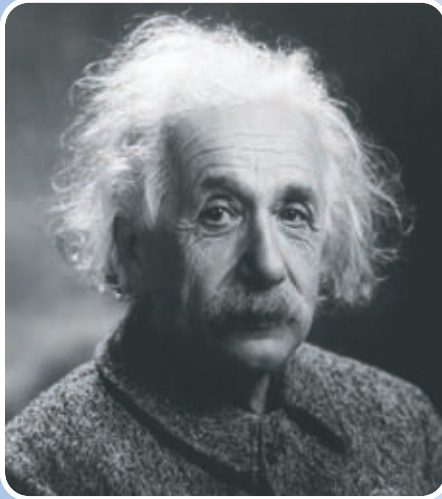
Fair Trade Sports is committed to donating 100% of after-tax profits to children’s causes around the world. Newman’s Own, a food company founded by Paul Newman and now run by his daughter, Nell, served as a model for Scott and Susan James. Newman’s Own donates its after-tax profits to worthy causes—having given away \$200 million in the past 26 years.

Learn more about Fair Trade Sports at [www.fairtradesports.com](http://www.fairtradesports.com).

# QUOTES

Life is like riding a bicycle. To keep your balance you must keep moving.

Albert Einstein, 1879–1955  
Physicist & Nobel Prize Winner



Source: Library of Congress

# REQUOTED

## April 19th was a GREEN day!

**Let It Rain!** — Seventy-nine rain barrels found new homes in our community, which makes a total of 209 when added to the 130 distributed in previous years. Surveys show that on average each rain barrel is emptied four times per year. That's almost 46,000 gallons of free water!

**Nike Reuse-A-Shoe** — Just when you think those stinky sneakers might qualify as hazardous waste, Nike's Reuse-A-Shoe program is there. Twenty-nine pairs of sneakers are now on their way to becoming basketball court cushioning and running track surfaces, thanks to the organizing efforts of resident and Recycling Committee member Lisa Conti. Since 2002, she has collected 3,500 pairs of sneakers. Last October, she put a collection container at the Sargent School to collect sneakers on an ongoing basis. That school alone has donated 350 pairs of sneakers in six months! The Recycling Committee would like to identify at least two more locations around town willing to be collection sites. If you have any ideas, please let us know!

**Skeletons in the Closet** — We may have set a record for the number of cars dropping off hazardous household products at our spring HHW Day. Over 200 households participated in detoxifying their homes. Many toxic products used in the home have non-toxic alternatives that can leave behind better indoor air quality and no hazardous leftovers. For tips on non-toxic alternatives, visit [www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html](http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html), or go to your favorite search engine and type in "homemade cleaning products."

Remember, there are many items collected at the DPW on the Third Saturday of each month, including oil-based paint, waste oil, TVs, computers, monitors and peripherals, mercury-containing items, such as thermostats and fluorescent light bulbs, and propane tanks. There are recycling fees for some items. For a complete listing, visit [www.townofnorthandover.com/recycle](http://www.townofnorthandover.com/recycle) and click on "Other Recycling Programs."

### We want your suggestions, questions and comments!

#### NASWAC

c/o Department of Public Works

384 Osgood Street

North Andover, MA 01845

(978) 685-0950

[recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com)

[www.townofnorthandover.com/recycle](http://www.townofnorthandover.com/recycle)

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of Public Works

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Committee and Eco Partners, Inc.

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PRINTED ON RECYCLED PAPER  
70% POST-CONSUMER NEWS  
CONTENT, USING SOY INKS

Please recycle this publication  
after you have read it!

## Bottled Water Facts

- During 2007, Americans purchased more than 8.8 billion gallons of bottled water, or 29.3 gallons per person. That was about 222 half-liter bottles per person!
- Of the bottled water sold in the U.S., 93% is in a single-serve bottle that holds 1 liter (about 2 pints) or less.
- As much as 25 to 40% of bottled water is simply tap water—from someone else's community.
- Every gallon of bottled water sold requires two



- additional gallons of water for the manufacture of the plastic bottles and the water purification process.
- Most PET (polyethylene terephthalate or #1) plastic bottles are made from virgin petroleum resources. Producing new PET bottles uses about 18 million barrels of oil each year.
- Transporting bottled water from the factory to the retail store consumes another 462 million gallons of oil per year.
- Bottled water costs 240 to 10,000 times more per gallon than tap water.

**Look for our  
recycling bins at the  
July 4th Festival and  
at Trails & Sails  
in September.**

## Thank you, North Andover, for another successful Earth Day Cleanup!

Over 300 volunteers signed up to participate in this year's litter cleanup, which was held on May 3. We didn't let a little rain slow us down! This year NASWAC purchased a few "trash grabbers" which were loaned to volunteers, saving both time and a few backs!

A special thanks to our sponsors, Wheelabrator and Whole Foods, and to the DPW staff who help make this annual event a success.



**Volunteers  
braved the  
rain.**



**Solid Waste Advisory Committee  
Member Lisa Conti brought her son  
along for the cleanup.**



**Sarah and Benjamin Bagley collected  
litter along Chickering Road.**

## Tiña Talks Trash!



**Q:** Can we recycle plastic grocery bags?

Maureen

**A:** Sorry, no. Plastic film is very difficult to recycle. For our recycling processor, plastic bags are a particular problem because the sorting line is very mechanized. Plastic bags can be caught in the conveyor belts and fans, bringing the processing line to a halt.

While we don't accept the bags for recycling, you can reuse them. Plastic store bags make good trash can liners. They also work well for wet swimming suits and dirty clothes on short or long trips. You can also use them to pick up after your pets.

However, the best option is to avoid plastic bags in favor of your own reusable canvas or mesh bags. Most grocery stores sell reusable bags for about a dollar apiece. The Recycling Committee also sells reusable bags for



\$1 each. Our bags are made from recycled soda bottles.

If you forget your reusable bag, ask for paper. The paper grocery bags are recyclable with your other paper products.

Thanks for the question!



**Q:** Are phone books recyclable?

Susan M.

**A:** Our paper is collected and recycled as mixed paper, which is the lowest grade of recyclable paper. So, yes, we do accept phone books in both the curbside program and at the Recycling Drop-Off Center. At the drop-off center, there are separate containers for mixed paper and cardboard.

Thanks for asking!

## Renewable choice

(Continued from Page 1)

demand for electricity generated from fossil fuels and increasing the amount of non-polluting power in the system. In addition to increasing the purchase of electricity generated from renewable sources, this money also ensures that new funds will be invested in renewable energy projects, such as solar electricity, wind, small water electric generation, and landfill gas recovery. There are a couple program options to choose from. The option that covers 100% of your electricity use with RECs adds about \$15 to a \$100 electric bill.

But wait, there's more! For every dollar that is spent on this program, the Massachusetts Technology Collaborative puts up to 70% into an account for the town in which you live to be used to fund local renewable energy projects, such as solar panels for a school or town building, solar-powered stoplights and warning signs, and similar projects. These projects make our community more energy independent, as well. Much like the Community Preservation Fund, your commitment to RECs reinvests in our community.

As if those benefits aren't enough, up to 74% of what you spend on RECs is tax-deductible!

By March 31, 2008, North Andover already had 84 residents signed up for RECs, resulting in \$11,683.69 of eligible grant funds so far! And this was with less than 1% of our households participating!

To begin supporting renewable energy and raising funds for local projects today, go to [www.masstech.org/CleanEnergyOrg/index.htm](http://www.masstech.org/CleanEnergyOrg/index.htm).